



# **National Diabetes Month**

## **November 2011**

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# This year's theme

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- “Make a Plan to Prevent Diabetes and Its Complications”
- Materials provided by the New Hampshire Diabetes Education Program & the National Diabetes Education Program (NDEP)
  - 4 Steps to Control Your Diabetes for Life
  - Posters
  - Tip Sheets



# Role of Wellness Coordinators

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- Increase awareness of diabetes and associated risk factors
- How can we create a supportive work environment for employees who are planning to prevent or manage diabetes?



# Role of Wellness Coordinators

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- Encourage employees to make an plan to prevent or control diabetes
- Work with management to make short and long-term changes to worksite (environment/policies)
- Use NDEP materials as a framework



# **4 Steps to Control Your Diabetes. For Life.**

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*Step 1:* **Learn about diabetes.**

*Step 2:* **Know your diabetes ABCs.**

*Step 3:* **Manage your diabetes.**

*Step 4:* **Get routine care  
to avoid problems.**



# *Step 1:*

## **Learn about diabetes.**

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Create a display using resources from the National Diabetes Education Program

Schedule a “Diabetes 101” workshop for employees

Connect employees to resources in the community such as classes and workshops

Make diabetes information available to all employees

Designate a “wellness room”

## *Step 2:*

### **Know your diabetes ABCs.**



- Encourage employees to work with their healthcare team to know their ABCs (A1c, blood pressure, cholesterol)
- Provide info- what are the ABCs? What do my numbers mean?
- Provide information about diabetes care guidelines so people know how often they should get these tests



## *Step 3:*

### **Manage your diabetes.**

- Worksite interventions could focus on
  - Nutrition
  - Physical Activity
  - Stress management
  - Smoking cessation
  - Oral Health
  - Checking blood glucose
  - Importance of immunizations (flu, pneumonia)



# Nutrition

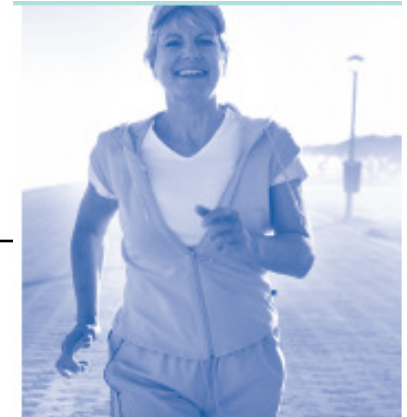
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- Work with vending machine and cafeteria vendors to offer healthy foods
- Create a policy to encourage healthy foods at meetings
- Post point-of-decision prompts to promote healthier food choices near vending machines and/or in cafeterias
- Hold a healthy pot luck




# Physical Activity

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- Participate in “Stairways to the Mountains”
- Mark mileage on walking trails around the worksite and distribute maps
- Ask management to encourage use of breaks for physical activity



○The NH State Employee Wellness Team can help you plan and implement any of these short and long term changes. **Contact Michael Loomis, State Wellness Program Specialist at 271-4103 or [Michael.loomis@nh.gov](mailto:Michael.loomis@nh.gov)**

○**To order NDEP Materials for FREE**  
<http://ndep.nh.gov/index.aspx>

If you need assistance ordering materials contact Marisa Lara @  
[marisa.lara@dhhs.state.nh.us](mailto:marisa.lara@dhhs.state.nh.us)